

## **Volume 2, Day 15: Tranquility in the Midst of the Noise**

Unfortunately, the culture we live in is lived at a frantic pace. The 21st century is probably worse than any other time in history. The distractions of technology with iPods, smart phones, computers, video games and other entertainment like TV, movies, sports and work, and you just name it, our lives are full of noise. Our lives are full of those things that draw our hearts away from God. We have difficulty finding a quiet space where God can most easily reveal Himself to our inner being. And, of course, that is the essence of relationship.

Getting away from that frantic pace, the demands and distractions of our world, is essential to eliminating the fears and anxiety that these distractions cause us. Living largely distracted is the very thing that will dull our hearts to spiritual sensitivity that is within us. We have to make a choice at some point, after finding God in the quiet place, to develop a relationship with God which brings tranquility to the noisiest places on earth. The journey ultimately enables us to take the quiet of God out into the noise of the natural life. We discover that it is the quiet of our hearts. It really isn't the place of quiet after all.

It's really the heart that quiets down enough so that it listens to a different rhythm than just the rhythms of our life, our fears, our anxieties and what we feel driven by in the world we live in. It's listening to the still small voice and of knowing God intimately. I look to quiet my heart everywhere I happen to go. It's knowing that He is with me and providing opportunities for Him to say anything He might want to say to me. And most importantly, it's about letting God express Himself using my human body.